

## Yong-Gae Illustrated



Parallel stance toward D.



1. Slide to C to form a right L-stance toward D while executing a low reverse knife-hand guarding block to D. Perform in a circular motion.



2. Execute a right high long punch to D while forming a left walking stance toward D, pivoting on the left foot. Perform in a slow motion.



3. Slide to C to form a left L-stance toward D while executing a middle forearm guarding block to D.



5. Shift to C, maintaining a left L-stance toward D while executing a X-fist checking block to D.

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4. Execute a right knife-hand strike to D, while flying to D, and then land maintaining a left L-stance toward D with the right knife-hand extended to D.



6. Execute a right high flat fingertip outward cross cut to D while forming a right walking stance toward D, slipping the right foot.



7. Execute a right downward block to D with a straight elbow, while forming a left rear foot stance toward D, pulling the right foot.



8. Jump to D, forming a left X-stance toward AD while executing a left back fist to D.

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09. Move the right foot to C to form a left walking stance toward D while executing a low right outward knife-hand block to D.



010. Move the right foot on line AB to form a parallel stance toward D while executing a left middle hook block to D.



11. Execute a right middle punch to D while maintaining a parallel stance toward D. Perform 10 and 11 in a continuous motion.



12. Slide to C, forming a left L-stance toward D while executing a low reverse knife-hand guarding block to D. Perform in a circular motion.



13. Execute a left high long punch to D while forming a right walking stance toward D, pivoting on the right foot.



14. Slide to C to form a right L-stance toward D while executing a left middle forearm guarding block to D.

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15. Execute a left knife-hand strike to D, while flying to D, and then land maintaining a right L-stance toward D with the left knife-hand extended to D.



16. Shift to C, maintaining a right L-stance toward D while executing a X-fist checking block to D.



17. Execute a high left flat fingertip outward cross cut to D while forming a left walking stance toward D, slipping the left foot.



18. Execute a left downward block to D with a straight elbow, while forming a right rear foot stance toward D, pulling the left foot.



19. Jump to D, forming a right X-stance toward BD while executing a right back fist to D.



20. Move the left foot to C to form a right walking stance toward D while executing a low left outward knife-hand block to D.

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21. Move the left foot on line AB to form a parallel stance toward D while executing a right middle hook block to D.



22. Execute a left middle punch to D while maintaining a parallel stance toward D. Perform 21 and 22 in a continuous motion.



23. Move the right foot to A to form a sitting stance toward D while executing a reverse knife-hand W-shape block toward D.



24. Cross the left foot over the right foot to form a right X-stance toward D while executing a twin elbow horizontal thrust.



25. Move the right foot to A, forming a sitting stance toward D while executing a twin straight forearm checking block to D.



26. Cross the left foot over the right foot to form a right X-stance toward D while executing a right upward punch, pulling the left side fist in front of the right shoulder.

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27. Execute a right high reverse hook kick to B.

28. Lower the right foot to B, and then execute a left side kick to B while turning clockwise.

29. Lower the left foot to B in a jumping motion to form a left X-stance toward D while executing a left back fist downward strike.

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30. Move the left foot to B to form a sitting stance toward D while executing a reverse knife-hand W-shape block toward D.



31. Cross the right foot over the left foot to form a left X-stance toward D while executing a twin side elbow thrust.



32. Move the left foot to A, forming a sitting stance toward D while executing a twin straight forearm checking block to D.



33. Cross the right foot over the left foot to form a left X-stance toward D while executing a left upward punch, pulling the right side fist in front of the left shoulder.



34. Execute a left high reverse hook kick to A.



35. Lower the left foot to A, and execute a right side kick to A while turning counter-clockwise.

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36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a right back fist downward strike.



37. Move the left foot to C, forming a left L-stance toward D while executing a middle forearm guarding block to D.



38. Move the left foot to D, turning counter-clockwise to form a left rear foot stance toward C while executing a right inner forearm waist block to C.



39. Move the right foot slightly to C in a stamping motion to form a right L-stance toward D while executing a high left



40. Shift to C, maintaining a right L-stance toward D while executing a middle forearm guarding block to D.



41. Move the right foot to D, turning clockwise to form a right rear foot stance toward C while executing a left inner

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knife-hand strike to D.



42. Move the left foot slightly to C in a stamping motion to form a left L-stance toward D while executing a high right knife-hand strike to D.

43. Move the right foot to C, turning counter-clockwise to form a right L-stance toward D while executing a middle forearm guarding block to D.

forearm waist block to C.



44. Jump and execute a right mid-air kick to D, while spinning clockwise, then land to D forming a left L-stance with a knife-hand guarding block toward D.

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45. Jump and execute a left mid-air kick to D, while spinning counter-clockwise, then land to D forming a right L-stance with a knife-hand guarding block toward D.



46. Execute a right low inward reverse knife-hand while forming a left walking stance toward D, slipping the right foot to C.



47. Slide to C to form a left L-stance toward D while thrusting to C with the left elbow.

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48. Execute a left low inward reverse knife-hand while forming a right walking stance toward D, slipping the left foot to C.



49. Slide to C to form a right L-stance toward D while thrusting to C with the right elbow.



END: Bring the right foot back to ready posture.